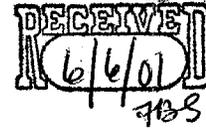


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Felicia B. Satchell
Director, Division of Standards and Labeling Regulations
Office of Nutritional Products, Labeling, and Dietary Supplements
Food and Drug Administration
Center for Food Safety & Applied Nutrition
200 C Street SW
Washington, DC 20204

May 29, 2001

Dear Ms. Satchell,

Your name and address were posted on the NoSoy Forum, and I'm writing to ask you to please stop allowing food manufacturers to put hidden soy in everything.

For the first 29 years of my life I was congested and sick. I could barely hold a low-level job. I didn't have energy for hobbies or a social life. I went to doctors, but all they did was medicate me without trying to find the cause of my problems.

When I was 29 I figured out by myself that I'm allergic to soy. I had to educate myself on avoiding it in spite of misleading food labels. Luckily I'm pretty sharp and caught on fast that the label "vegetable oil/protein/other" is in fact soy. I'm allergic to all soy products including soybean oil, lecithin and MSG.

That was in the early 1990's. Now I have to be very careful with both eating out and buying groceries. I can't buy ground meat in a regular store because it has "natural flavors" added. Everyone knows "natural flavors" is code for MSG made from soy. I can't eat convenience foods because they all have soy added. If it wasn't for Whole Foods, which guarantees no additives in their meat, I would have to become a farmer and raise my own food to be sure of getting soy-free "fresh" foods. I can't have chocolate candy because it contains lecithin. I can't eat at fast-food chains or diners because they cook with soybean oil. I can't buy my bread, I have to make it in a bread machine, and I have to make my own cookies, quick breads, and chocolate.

Soy has been identified as one of the 8 major allergens. It's bad enough that it's added to almost everything, but it's horrifying that manufacturers try to hide the soy by using euphemisms like "natural flavors", "vegetable oil/shortening/protein/other", and using vague terms like "food starch", or "mono-and diglycerides" without saying what food the ingredient is from.

They should not be allowed to hide a major allergen in the food supply!! All soy should be clearly labeled on the foods to which it's added. This is the only way in which we who are allergic may maintain our health. More people develop soy allergy every day. I would not be at all surprised if in the end it turns out to be more toxic than beneficial. They also should not be allowed to inject soy or anything else into meat animals.

And please don't kid yourself that food manufacturers care about the health of me, you, allergic babies, or anyone else. They only care about profits. They overuse soy because it's a cheap filler.

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I and everyone in America who has food allergies, sensitivities, or other digestive conditions are counting on you and your colleagues to establish and enforce truthful labeling and healthy food manufacturing standards. Please e-mail me if I can help with this in any way.

Best regards,

A handwritten signature in cursive script that reads "Julia".

Julia Baresch
julia37chicago@yahoo.com